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Let's
tidy up



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Honouring
war hero



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Legacy boost
for residents

the newham mag

issue 362 // 24 March – 6 April 2017 // Every fortnight



Agents of change

Celebrating
women and their
achievements (p15)

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News

New proposals help alleviate some concerns over Silvertown Tunnel

Newham Council has welcomed moves by Transport for London (TfL) to introduce a discount for Newham residents on low incomes on the planned tolls at the proposed Silvertown Tunnel and at the existing Blackwall Tunnel.

The proposal is part of a package of measures TfL have put forward following concerns raised by the council about the possible impact of the crossing on the borough. While welcoming TfL's move to address some of them, Mayor Sir Robin Wales says there are still issues to be resolved.

The proposals are being examined by the Planning Inspectorate during a six-month hearing due to finish next month. They include:

- a discount scheme for low income working residents in Newham on the tolls that would be introduced on both Blackwall and Silvertown Tunnels once the new crossing is built
- providing £2m to support concessionary bus travel for Newham, Tower Hamlets and Greenwich residents on the new bus services proposed to use the tunnel
- giving small businesses a transitional support fund to help them adapt during the construction and operation of the Silvertown Tunnel scheme.

The full details of these proposals will be negotiated further between the council and TfL. A final recommendation on the scheme and the package on offer will be made by the Planning Inspectorate. This will be presented to the Secretary of State for Transport who is expected to make a final decision on the scheme this autumn.

As well as the impact on businesses and the proposed tolling, Newham Council has also raised concerns around the wider

impact of the tunnel including air quality, noise and scale of HGV movements.

Sir Robin said: "We welcome TfL finally listening to some of our concerns and their suggestions for mitigating them. We will continue to work with them through the rest of the public examination to shape these suggestions to ensure we get the best possible outcomes for our residents and businesses, should the scheme receive approval."



We must get the best outcomes for residents and businesses

Proposal is part of package put forward by TfL

News

Tenants do it for themselves

More than 80 Newham Council tenants learned basic DIY skills at a free event designed to help them cope with day-to-day household repairs.

The Tenant Repair Day at the council's Bridge Road depot in Stratford saw staff from the council and builders merchants Travis Perkins Managed Services offer advice.

There were demonstrations on replacing toilet seats, unblocking sinks, stripping wallpaper and fitting lining paper. Tenants said they found the event very useful. It was the second time the event has been run for tenants and was organised following the success of the initial session held last year.

Councillor Terry Paul, mayoral adviser for housing, said: "For many people, being able to take care of their homes is something they take pride in but don't have the skills or confidence to tackle. This session offered practical advice about DIY and instilled them with the confidence to be able to do it correctly."



Cllr Paul discusses the finer points of DIY



Cllrs Peppiatt, Laguda and Hussain at the event

Advice event is popular with parents

Parents and carers of children with special educational needs and disabilities attended an information event to help them discover more about the support available to them.

The event at St Mark's Community Centre in Tollgate Road, Beckton, was organised by Newham Council and the Newham Parents Co-production group. It was opened by Newham councillors Quintin Peppiatt, Joy Laguda and Forhad Hussain.

Parents and carers took the opportunity to speak to service providers about what they offer and how to access practical support, as well as gather advice and information.

Councillor Peppiatt, Cabinet member for children and young people services, said: "Newham Council and our partner providers have much to offer parents and carers. It was good to see so many people coming along to find out more."

Stallholders on the day included both council and local and national providers. Information covered a range of services and organisations.

80 tenants learn basic DIY skills to tackle household jobs

...in brief

Birthday tribute is a good sign

Newham Council celebrated the 100th birthday of Forces' Sweetheart Dame Vera Lynn by erecting new signs in streets with a connection to the popular singer and actress.

They were put up as part of the council's heritage programme commemorating people and places with historic links to the borough.

Dame Vera was born in Thackeray Road, East Ham, lived in nearby Ladysmith Avenue, and has a Close named after her in Forest Gate.

She is best known for her 1939 recording of We'll Meet Again, the nostalgic lyrics of which were popular during World War 2. British servicemen named her as their favourite musical performer and she became known as the Forces' Sweetheart.

Deputy Mayor (Statutory) Councillor Ken Clark, who heads the heritage project, said: "Dame Vera boosted the nation's morale during the darkest days of the war. We are delighted to be able to honour one of our most loved former residents in this way on her 100th birthday."



Council staff erect the new signs:
full story next edition

National praise for education support

Newham Council has won praise for the way it promotes mutual understanding of differing religious beliefs through its schools.

The council's Standing Advisory Council on Religious Education (SACRE) monitors religious education taught in most schools. It has been awarded second place by judges of the 2017 Accord Inclusivity Awards for its range of innovative practices, including the inclusive nature of guidance it produced for schools on providing assemblies.

Judges said the guidance produced by Newham SACRE "stood out" for its interpretation of how schools can follow the worship laws and promote shared values.

Hop to library reopening

The reopening of Custom House Library in Prince Regent Lane will be celebrated on Saturday 8 April from 2pm to 4pm with a Bunny Hopping afternoon for children.

There will be tea and cake, a heritage exhibition and a cultural jamboree featuring drumming, dancing and singing in the newly refurbished building that has served the community for 112 years. Children can win Easter eggs or books.

For more information contact the library on **020 3373 0855** or email **CN.CustomHouse CanningTown@newham.gov.uk**

Stadium parking restrictions

Parking restrictions are in place around the London Stadium in Queen Elizabeth Olympic Park when West Ham United play there.

Controlled parking hours in Stratford Central, Stratford North West, Stratford South West, Stratford South East and West Ham residential parking zones are extended and apply from 8am to 9pm. Only permit holders can park in them. Event days are: 8 April (Swansea City), 22 April (Everton), 6 May (Tottenham Hotspur) and 13 May (Liverpool). Fixtures are subject to change.

Station weekend closures

During most weekends until September, work on the Crossrail programme will mean there is no Docklands Light Railway service between Stratford and Bow Church. Pudding Mill Lane Station will also be closed.

If you usually use Pudding Mill Lane Station at weekends check before you travel by visiting **www.nationalrail.co.uk** or **www.tfl.gov.uk**

100th birthday salute for Forces' Sweetheart

Mayor's view

We are determined to help

London's housing crisis has many victims. The mismatch between soaring rents and flat wages has created an environment in which desperate and vulnerable people are exploited by a minority of incompetent and criminal landlords.

In Newham, a quarter of our homes are overcrowded and residents are too often forced to live in dangerous and dehumanising conditions.

"If you exploit the housing crisis, we will prosecute you and ban you from operating in Newham."

Good letting agents can be a powerful ally in our efforts to improve the quality and management of privately rented accommodation. But at the moment, most are complicit in a system that inflicts misery, stress and additional expense on the poorest in our communities.

In December, we fined one letting agent for failing to make clear how their £450 administration fee is used. Other letting agents ignore the law by failing to provide deposit protection for their tenants or renting out overcrowded properties.

So it's hardly surprising that 85 per cent of Newham landlords have decided they are better off managing

their properties themselves. This is bad for everyone: exceptional letting agents lose out on business, and many tenants are left battling with unqualified and disinterested landlords.

Our Fair Lettings Project has improved standards and has already led to around 50 agencies being pushed out of the market. Others have reacted by upping

their game so that they now at least meet our basic compliance criteria. But 40 per cent still fall below that threshold.

To build on this, Newham Council plans to publish zero to five star ratings of every agent in the borough. Based on objective information, the ratings could help landlords and tenants make more informed choices and increase



Letting agents should carry out basic safety inspections



tenants avoid exploitation

professionalism in the sector.

But improved consumer information needs to go hand in hand with a more robust regulatory framework. As the first council in the country with a mandatory, borough-wide private sector or private property licensing scheme, we know what works. Our enforcement model is a light touch for those who play by the rules, but uses sophisticated data analysis to drive criminals into the open. We have taken out more than 1,000 prosecutions against criminal landlords since 2013 – more than the rest of London combined.

“Those who fail to meet these basic standards have no place in my borough.”

From the outset, my view was simple: if you exploit the housing crisis, we will prosecute you and ban you from operating in Newham.

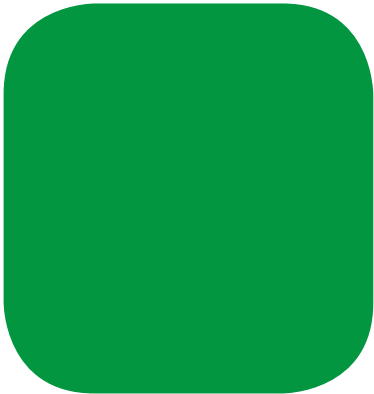
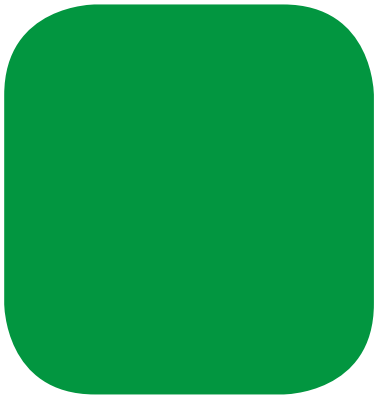
Good landlords support effective enforcement because they don't want predatory landlords undercutting them or dragging their reputation through the mud. Given the undeniable success of our scheme, we are applying to renew it for another five years.



We are planning to publish ratings for every agent in the borough

I believe that a similar strategy would work for the lettings industry. Local authorities should be given the power to demand mandatory registration for agents operating in their area. Agents would pay a small fee and commit to abiding by a compulsory code of conduct. If they fail to live up to their side of the bargain, we should be able to impose financial penalties. And if they continue to flout the rules, they should be shut down.

London's housing crisis is only going to intensify over the next five years and in this context, we must do everything possible to protect the vulnerable from exploitation. It is not too much to ask that all letting agents carry out basic safety inspections, protect their clients' money, and operate transparently. Those who fail to meet these basic standards have no place in my borough. They must up their game or be driven out from the market altogether.





Giving our borough a great British Spring clean

An army of more than 2,000 volunteers took part in this year's Spring clean up across Newham as they cleared litter, reported flytips and tidied neighbourhoods.



The clean ups were organised as part of the Great British Spring Clean – a national Keep Britain Tidy campaign with the aim of bringing people together to clear up the litter that can blight our towns, villages, countryside and coastline.

Councillors also took part in events in their areas and Mayor Sir Robin Wales joined the Greenway clean-up in Stratford. Local residents, community groups, schools and businesses from across the borough took part in the 'Great Greenway Clean Up' designed to help enhance the area for visitors and the local community.

It began with a clean-up of Newham's much loved Greenway during an event organised by Thames Water and Newham Council. Five community neighbourhoods worked in partnership with Thames Water to organise the Great Greenway clean-up, which started in Beckton and finished at Stratford. Schools, residents, local councillors and community groups joined forces to clean the Greenway which connects the north and south of the borough for cyclists and pedestrians.

"These clean up events send a clear message from local communities that they will not tolerate their areas being the dumping ground for others."

The events across the Greenway were part of 25 community clean-up events organised by the council's community neighbourhood teams, where residents, community groups, charities, sports clubs, businesses and faith organisations participated.

In East Ham, residents and schoolchildren joined in for a community clean-up day and gathered in the area around Colvin and Lawrence roads and neighbouring streets to carry out litter picking. They also reported fly-tipping and fly-posting to the council's

enforcement team.

In Stratford, residents joined councillors for a clean-up of the area around Maryland Station. They picked litter and swept streets.

The Forest Gate neighbourhood team also held a fly-posting fight back day as it cleared unwanted posters and stickers from Woodgrange Road.

"These events also reflect the very ethos of our community neighbourhood work to bring people together to enhance their local areas."

In Green Street, the community worked with councillors and faith organisations to get rid of litter and sweep the area. Faith groups in Manor Park joined community members and councillors for a community clean up day of the areas around East Avenue and adjacent areas. They took part in litter picking and removed fly-tipping.

In Plaistow, local schools, residents, local councillors and community groups joined forces to clean up the Greenway from litter and fly-tipping.

Councillor Ken Clark, deputy mayor (statutory), strategic delivery and Cabinet member for community neighbourhoods, regeneration and planning and public affairs, said: "I am delighted so many people came out to take part in the Great Greenway Clean Up and the other clean up days organised by Newham Council.

"We are committed to ridding this borough of the rubbish that people carelessly dump on our streets and open spaces. These events send a clear message from local communities that they will not tolerate their areas being the dumping ground for others.

"They also reflect the very ethos of our community neighbourhood work to bring people together to enhance their local areas."



Registration service relocation

From **20 March 2017** the following registration services will be moving to **East Ham Customer Service Centre and Library** and will no longer be available at **Plashet Grove**.

- Birth registration and re-registration
- Death registration
- Registering still births
- Notice of marriage and civil partnerships
- Nationality checking service

You can save time by booking your registration service appointments online. Please visit www.newham.gov.uk/registeroffice



Do you have an idea for a New Social Enterprise but need funding to set up?

The Beyond Business Programme, Bromley by Bow Centre are offering start up funding for new or emerging Social Enterprises across Tower Hamlets, Hackney and Newham. Applicants and the Social Enterprise must be located in these Boroughs.

What is the Beyond Business Programme?

Beyond Business has already launched a network of 65 plus Social Enterprises in the East End and provides:

- Start up funding,
- Strategic and business planning guidance, and
- Practical business support including training and mentoring.

Is my idea for a social Enterprise eligible?

- To be eligible for a start up grant of up to £17,000 your idea for a Social Enterprise must:
- Have a clear social purpose and outcomes, such as employment for people with barriers to work, youth training, healthy living and local environmental improvements.
 - Have a sound business proposition and the potential to be financially sustainable without reliance on grant funding.
 - Full eligibility criteria will be sent to all applicants.

How will Applicants be assessed?

- Stage 1: Applicants submit an expression of interest form for a panel review.
- Stage 2: Applicants successful at Stage 1 will be invited for an interview.
- Stage 3: Applicants successful at Stage 2 complete a business plan, with support from the Beyond Business team.
- Stage 4: Applicants successful at Stage 3 present their business idea and plan to an independent Dragons' Den panel on 26th September 2017 - funding then approved for successful applicants.

Need an expression of interest form?

Please contact: Kim Hayman, Beyond Business, Bromley by Bow Centre, St Leonard's St, E3 3BT
Telephone: 020 8709 9722
Email: Kim.Hayman@bbbc.org.uk

The closing date for Submission of Expressions of Interest is 5pm on the 5th May 2017.

For any other information, please contact Kim Hayman



London Borough of Newham
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NEIGHBOURHOODS

What's on in Newham

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Or visit www.newham.gov.uk/communityevents

Newham London

A call to remember a local VC hero

On Tuesday 11 April, a commemorative stone will be laid in the Cenotaph area of Central Park, High Street South, East Ham, honouring Victoria Cross (VC) recipient Harold Mugford.



within our community”.

It was during the battle for Arras in northern France that Harold exhibited extraordinary bravery. It is for this battle that he received his VC. During the assault, Harold was badly wounded and both his legs were broken by an enemy shell, but he remained with his gun, urging others to take cover. He continued firing and inflicted great damage on the enemy.

King George V presented Harold with the Victoria Cross in the grounds

of Buckingham Palace on 3 July 1918. He died in 1958 and his medal is currently on long-term loan to the Imperial War Museum.

All residents are invited to attend the ceremony in the Cenotaph area of Central Park, High Street South, East Ham at 2.30-3.15pm.

All residents are invited to attend the ceremony during which a commemorative stone will be laid to honour the bravery of Lance-Corporal Harold Mugford. It is part of a series of events honouring Newham's five First World War VC recipients, with commemorations occurring near the time of the 100th anniversary of their acts of bravery. Harold was Newham's fourth Victoria Cross holder.

Mayor Sir Robin Wales said: “The Victoria Cross is the highest military decoration awarded for acts of valour in the face of the enemy. The paving stones offer a lasting legacy of heroes

Newham's VC recipients

Lieutenant George Drewry
Act of Bravery: 25/26 April 1915

Captain Edgar Myles
Act of Bravery: 9 April 1916

Boy Seaman First Class Jack Cornwell
Act of Bravery: 31 May 1916

Lance-Corporal Harold Mugford
Act of Bravery: 11 April 1917

Second Lieutenant Bernard Cassidy
Act of Bravery: 28 March 1918



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East Ham Leisure Centre, 384 Barking Rd, East Ham E6 2RT
Manor Park Fitness Centre, 464 High Street North, Manor Park E12 6QN
Newham Leisure Centre, 281 Prince Regent Lane, Plaistow E13 8SD

*Terms and conditions apply. Prices vary from centre to centre. No joining fee offer valid until the end of the month specified.
†This number is charged at the same rate as calls to normal landlines (those that start with 01 or 02). It is included in call allowances,
bundled talk time or "free" minutes the same way as regular landline numbers.

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from 16th - 31st
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The List



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is stunning.'

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SMOTHER

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'A striking
dystopian fairytale
reminiscent of
Jamie Brittain's
Skins'

EdFest Magazine



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The Guardian

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Make the most of your GP services by going online

An ever increasing number of people across England are embracing the digital revolution and going online to access GP services.

With the introduction of GP online services, patients are booking appointments, requesting their repeat prescriptions and viewing their GP records on the go. More than ten million repeat prescription requests are now made via GP online services nationally.

Shilpa Patel, 59, who attends the Shrewsbury Road Health Centre, in Forest Gate, has been using her GP's online services since they launched last year. She said: "At our practice, appointments are run on a ticketed system, which means having to go to the practice to get a ticket for a later appointment. This can mean going backwards and forwards a couple of times in one day and for people like me who are

disabled and have numerous health issues this can be difficult, especially if I have to arrange for someone to go with me.

"I hope that residents will register to go online to discover for themselves the benefits it can offer."

"I've found using the online services so convenient and easy. I regularly book my appointments and order repeat prescriptions online, which is so much easier than having to go into the practice repeatedly to do this."

Councillor Clive Furness, mayoral adviser for adults and health, said: "Accessing

GP services online gives our residents the opportunity to access health services 24/7, giving them more control over when they can see a doctor, a nurse or request repeat prescriptions. I hope that residents will register to go online to discover for themselves the benefits it can offer."

If you would like to take advantage of the GP online services, you can register by visiting your GP surgery, or find out more by logging on to the NHS Choices website at www.nhs.uk/GPonlineservices



Shilpa Patel

Your views on health and wellbeing in Newham

Newham Council and NHS Newham Clinical Commissioning Group are hosting a listening event to inform the upcoming Health and Wellbeing Strategy – come along to give us your views:

- **Tuesday 28 March (6-8pm):**
University Square, Stratford, 1 Salway Road, E15 1NF.

Attendees will be entered into a prize draw for LOVE2SHOP vouchers.

Places are limited and refreshments will be provided.

To register email health@newham.gov.uk or call **020 3373 7053**.
Please mention any specific access requirements.

Free



Dumping rubbish is a crime!

You could be fined or imprisoned.

Keep Newham Clean

www.newham.gov.uk/flytipping





A celebration of women's achievements

Around 400 people helped celebrate the success, impact and contribution women from across the borough have made to society at a Newham Council event marking International Women's Day.

A Celebration of Women in Newham was held at Newham College, East Ham and supported the theme of Be Bold For Change. It included speeches from Mayor Sir Robin Wales, and Newham College Principal Di Gowland.

Fifteen women were presented with certificates and flowers by Councillor Lakmini Shah, Cabinet member for work & skills and domestic violence, for their commitment and dedication.

They were:

Belinda Ngugi – Community Leader at St Mark's Church, Beckton, and the Deputy Chair of Newham National Childbirth Trust

Reverend Nicola Vidamour – Methodist church priest and chair of the Faith Matters Women's Forum

Sui Fan Wan Leung – chair of the Newham Chinese Association

Di Gowland – Newham College principal for her commitment to education and training

Samina Siddiqi – fundraiser for the Royal British Legion and Macmillan Cancer Support, who campaigns against Female Genital Mutilation (FGM)

Elsie Smith – dedicated activeNewham volunteer

Stacey Cordrey – helped deliver under-5s groups, youth programmes and after school and holiday care

Vinette Muschette – been fostering in Newham for eight years and co-ordinates a homeless winter night shelter

Balbir Khalsey – established an over-60s women's group that holds health and wellbeing sessions to encourage members to get active

Sandra Erskine – chairs the Working Together Group led by the East London Health Foundation Trust

Angie Allgood – social worker since 1990 with 17 years' experience as a child protection social worker. Since 2007 she has dedicated her time and skills to her local community

Vidjea Gaikwad – received a Duke of Edinburgh Diamond Challenge certificate from Prince Edward for her women centred work

Also honoured were FGM community champions Fatoumata Jallow, Maia Kanyi and Kolado Landoure.

Councillor Shah said: "This borough has a proud history of talented women from many walks of life who through their passion and actions have made a difference. As well as celebrating the role of women in shaping our communities, I hope this event has helped inspire other women to follow in their footsteps and achieve their ambitions."



Seamless services – to help you when and where you need

As part of our commitment to ensuring the best outcomes for children and young people in Newham, the Early Help and Children's Integrated Neighbourhood teams have launched Newham Council's Early Help strategy and Integrated Neighbourhood Working.

It sets out our approach for ensuring that every child in the borough grows up happy, healthy and safe, and receives an excellent education which prepares them for the next stage of their lives.

The strategy was launched at an event in Plaistow attended by more than 120 providers from across education, health, social care and the community and voluntary sectors. It was opened by James Thomas, Newham Council's director of children and young people's services, who emphasised the importance of strong partnerships between practitioners in community-based services and the council to ensure the best outcomes for children and families.

What is Children's Integrated Neighbourhood Working?

Under Children's Integrated Neighbourhood Working, children and families will:

- > have quicker and easier ways to build relationships with professionals in their areas
- > be able to share information between different services, providing a more streamlined service
- > receive timely early help that is tailored to their needs
- > be able to access a range of services within a local neighbourhood area

What this means for families is that they can access a range of vital services in a joined-up setting,

across the borough, but in a way that can be adapted to their needs in neighbourhoods where they are needed. This will allow a range of agencies to work in a more seamless way with families in the community.

What is Early Help?

Early Help is a form of multi-agency support and intervention available from community services for children, young people and their families as soon as an identified need emerges. Early Help practitioners in the community will offer advice and support so issues don't escalate to the point where you need intervention.

Community agencies that are part of Early Help include children's centres, schools, GPs, Families First, health visitors, youth services, and midwives. Families can now access Early Help by approaching a practitioner that they feel comfortable with and requesting Early Help Support.

Councillor Quintin Peppiatt, Cabinet member for children and young people,

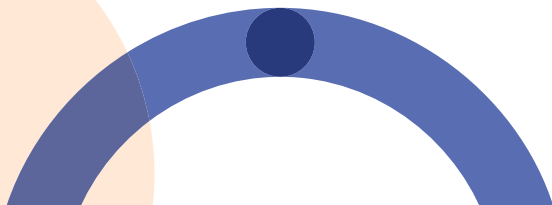
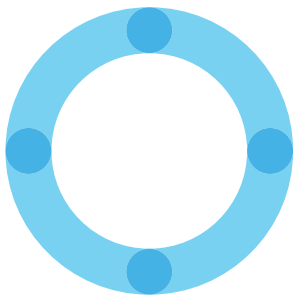
said: "We are aware that parents and carers who require different support services for their children face many challenges. This new integrated way of working will make their journey seamless so that they receive the right help, at the right time, without having to explain their needs over and over again to different sets of professionals."

What does this mean for you?

The new approach means that parents or carers who access Early Help will be able to request an Early Help Record, which will be your opportunity to agree an action plan that will be created to set goals of how, when and by whom – to help move towards you and your child's goals. You won't have to repeat your story over and over again to various professionals and you will be the "voice" of your plan. Your plan will be created with your consent for information to be shared with other agencies if you feel you would benefit from additional support to help you meet your child's needs.

Further information on Early Help and Children's Integrated Neighbourhoods can be accessed via a practitioner in a community service, including schools or via the Newham Connect website www.newhamconnect.uk





New scheme set to drive up standards for private rented homes

As the housing crisis continues to bite, the health of the private rented sector has never been more critical to a growing proportion of Newham residents.

Some 70,000 households rely on rented property for a safe and secure home in the borough.

In this environment the role of landlords and lettings agents is vital, and while many provide a great service, there are far too many who don't.

Newham Council has already taken ground-breaking measures to tackle rogue and criminal landlords through the UK's first mandatory borough-wide licensing scheme, which has seen more than 1,000 landlords prosecuted, and 28 banned.

"This initiative aims to drive up the quality of homes for rent in the borough, and increase the professionalism of those who work in the industry."

Now, Mayor Sir Robin Wales is turning his attention to the lettings agents who are responsible for matching tenants with landlords, taking and holding very large sums of money in advance rent and deposits, setting fees, and handling rent on behalf of landlords. However, they are very lightly regulated, and there is no legal requirement to register, license or gain professional qualifications.

To protect residents, Newham is looking to introduce the UK's first ever comprehensive rating-system for all letting agents registered in the borough, with a five-star rating indicating the

best and most professional service and zero indicating the worst. The council believes only businesses with three stars and above should be recommended.

The star rating is based on information gathered over the past two years by Newham trading standards. The team has conducted an audit of all Newham letting agents, compiling information on compliance with the law, track record in dealing with clients and the level of professional qualifications. This trading standards project was called Fair Lettings, and has resulted in every agent being visited twice to check on their standing, and progress, where improvements were needed.

Where necessary trading standards have used enforcement powers to require agents to improve, and where they haven't, impose fines. Since the project started two years ago around 50 agents have stopped trading due to enforcement action.

The proposed star rating scheme is designed to be an easy to use guide for both tenants and landlords, signposting them to the best agents.

Sir Robin, said: "Once again, we are proposing to step up to help protect residents from businesses and individuals who exploit extreme demand in the property market, to rip off and overcharge.

"Alongside our Private Rented Sector Licensing Scheme, this proposed initiative could drive up the quality of homes for rent in the borough, and

increase the professionalism of those who work in the industry.

"The Government's recent Housing White Paper recognises the need to support renters and I'm proud that Newham wants to be the first to address the problem. Our proposed star rating system would be a start but to really make a difference, all local authorities would have to follow our lead. Councils should be given the power to demand mandatory registration for agents in order to properly regulate the sector."

"All local authorities would have to follow our lead. Councils should also be given the power to demand mandatory registration for agents in order to properly regulate the sector."

The proposed scheme has support among the best agents. Chris Baker of McDowalls Surveyors Limited said: "The best agents have to work hard, making sure everything is done properly for the clients. We have to make sure contracts are drawn up properly, that credit checks are sound, and that the properties are of a good standard.

"I would welcome a star rating system because it would help clients, both tenants and landlords, decide which agents they can trust with their property, their homes, and with their money."

To Let



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**Mayor of
Newham**

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Newham London



Legacy delivers world class sports to our doorstep

When Newham Council invested a £40million repayable loan for the transformation of the former Olympic Stadium, it was on the basis our residents would benefit with access to world class sporting events and entertainment.

Following on from our free ticket offer for the borough's schools to see the World Para Athletics Championships at the London Stadium this summer, Mayor Sir Robin Wales has secured discounted tickets for all residents.

The exclusive offer means Newham residents can buy tickets for the first weekend of the championship (14-16 July), for as little as **£8 for adults** and **£3 for under-16s**. Residents will be able to attend the opening night, watch the heats and the finals of some of the races.

The offer is part of the community benefits from the council's investment in the London Stadium and in the World Para Athletics Championships this summer.

Sir Robin said: "London 2017 is the

biggest sporting event in the world this year and it is only right our residents have access to this world class sporting event. The legacy of the 2012 Games lives on and our residents are reaping the community benefits."

"The legacy of the 2012 Games lives on and our residents are reaping the community benefits."

The World Para Athletics Championships will take place at the London Stadium from 14-23 July. Newham Weekender tickets went on sale on 23 March and residents have until 6 April to apply.

The discounted ticket offer is only available for a limited number of sessions: session 1, 14 Jul, 7-10.15pm; session 2, 15 Jul, 10am-1.30pm; session 3, 15 Jul, 7-10.45pm; session 4, 16 Jul, 10am-1.30pm; and session 5, 16 Jul, 7-10.30pm.

Visit – www.tickets.london2017athletics.com and put in code **NEWHAM2017**.



Splash your way through foam for charity

Kind-hearted residents are being urged to run and splash their way through 5kms of foam and raise vital funds for hospice care by taking part in the East London Bubble Rush at Queen Elizabeth Olympic Park on Sunday 21 May.

Richard House Children's Hospice in Beckton has teamed up with three other hospices to host the event.

There will be four colour bubble stations along the route as well as entertainment, stalls and refreshments on sale. All money raised will be divided equally between Saint Francis Hospice, Richard House Children's Hospice, St Joseph's Hospice and Haven House Children's Hospice.

Tom Murtagh, fundraising manager at Richard House, said: "The fun run is a fantastic way to raise money for hospice care across East London and Essex and support the thousands of families that use our services."

Tickets are £15 for adults, £10 for children with family discounts available. Anyone interested can sign up at elbubblerrush.eventbrite.com



Residents can look forward to foamy fun

ATHLETE SHARES FITNESS TIPS

Keep fit fans at East End Road Runners were treated to a host of top tips and advice from one of the country's fastest marathon runners.

Mara Yamauchi, who holds the second fastest British women's time over the marathon distance, spent a session at Newham Leisure Centre in Prince Regent Lane in Plaistow, offering advice on a range of topics including marathon training. She also led a strengthening and conditioning class.

The session was attended by 30 members of the club, some of whom were training for marathons and shorter distances while others were looking to improve their fitness.

East End Road Runners meet on Tuesdays and Thursdays at 7pm and on Sundays at 9am. The club runs coached sessions for all abilities. Anyone interested in joining can call **07979 261 647**.



Keep fit fans had a good workout

The charity wants to gather stories about Forest Gate



Share your memories of Forest Gate

Eastside Community Heritage wants to hear from residents keen to share their stories about Forest Gate and the surrounding area. The charity is looking for people to take part in an oral history project on the artistic and cultural history of the area. It will explore the history of music, art, leisure and entertainment in Forest Gate through the eyes of the local community.

It will give local residents an opportunity to tell their stories and be a part of Eastside Community Heritage's archive of oral histories documenting life in East London.

The project aims to conduct archival research and collect oral histories on some of Forest Gate's iconic music venues, pubs and artistic spaces. It will also use the information gathered from local residents to lead further research into the cultural heritage of the area. The project will culminate with the creation of an exhibition which will be shown locally.

If you would like to be involved, contact the charity at **George@ech.org.uk**, **francis@ech.org.uk**, or call **020 8553 3116**.

DIABETES SUPPORT CLUB CELEBRATES BIRTHDAY

Diabetic residents joined health specialists to celebrate the first birthday of a support group.

The event took place at Manor Park Library in Romford Road and was designed to mark the success of the diabetic support group which meets on the third Friday of the month, from 5.30-7pm.

The 50 people who attended the event took part in a question and answer session with La'Shay Atakora, an NHS diabetes dietician specialist, cut a cake, and learned how to make a healthy smoothie. They also took part in exercise to music and took the opportunity to speak to staff from the Newham Clinical Commissioning Group.

Sangita Chowdhury, 51, said: "I benefit so much from attending the group. I get to know about the right foods and the importance of exercise and information to help manage my diabetes."

Annette O'Connor, 56, said: "I was so happy to find about the diabetes group and share my concerns with fellow diabetics. You get helpful advice and support about this condition and I hope to learn more."



Residents marked the occasion with a cake

Newham's first deaf café opens in Beckton

An Italian chef who is hard of hearing has opened the borough's first deaf café in Beckton. Luca Cusnini serves hearing customers, those who are deaf, and trains people with audio problems who are interested in working in the industry. The café is a dream come true for the chef who speaks through an interpreter.

Called Café No. 43, it is based at St Marks Community Centre in Tollgate Road and is open Monday to Friday, from 8.30am to 5.30pm. Luca has a menu inspired by the borough and even has sandwiches named after parts of Newham.

The café is the second service for members of the deaf community at the centre which already has an established Friends Deaf Club.

The club was launched in 2015 and provides deaf and hearing people with opportunities to socialise.



Kids' Corner



PLEASE SEND OR EMAIL YOUR DRAWINGS,
JOKES AND POEMS TO:
**KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
or newham.mag@newham.gov.uk**

Don't forget to add your full name, age, address and contact number with your entry. We cannot return any entries.

GALLERY



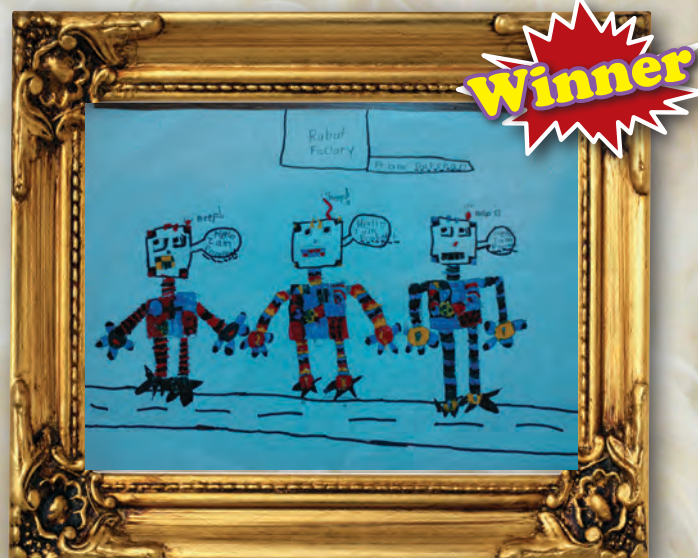
Harsh Kunwardia, 6



Malaikeh Fiaz 10



Anisa Mahmood, 9



Darshan Binu, 8

Win free membership at Stratford Picturehouse

This issue's winner receives a free family ticket at Stratford Picturehouse, which includes a kid's popcorn and drink.

To be in with a chance of winning this prize send or email your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU** or **newham.mag@newham.gov.uk**. Don't forget to write your full name, age, address and contact telephone number with your entry. **Good luck!** Visit **www.picturehouses.co.uk** to see what's on.



Colour-me-in Wordsearch

Jokes

Q What do you call a duck thief?

A **A Robber Duck.**

Q What does a skunk enjoy most at school?

A **Show and smell.**

Q What did the bus driver say to the frog?

A **Hop on!**

Q What music do mummies listen to?

A **Wrap!**

Q Why did the mammoth have a fur coat?

A **Because he would have looked silly in an anorak.**

Q What time is it when an elephant sits on your fence?

A **Time to get a new fence!**

Q What did one flea say to the other flea?

A **Shall we walk or take the dog?**



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K	S	E	B	L	E	O	S	I	S	O	I	R	A	P	R	A	O	H
A	M	S	A	I	G	O	F	T	H	E	A	U	M	P	N	A	R	E
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J	W	C	Q	U	E	F	I	N	E	F	I	L	S	O	N	L	A	C

Farms
Field
Fleece
Flock

Grazing
Lambs
Merino
Mutton

Shearing
Sheep
Spring
Wool

WHAT'S ON?

Download our What's On app at www.newham.gov.uk/neighbourhoodevents

OUR THRILLING THREE...

1

Steelpan Workshop – Come and enjoy an interactive session and learn to play Steelpan. Every Friday, 5-6.30pm at Stratford Library, The Grove, Stratford, E15.

2

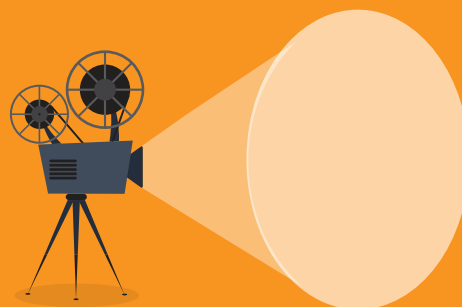
Cityread Author Event – Hear author S.J Parris talk about The Prophecy, as part of the Giordano Bruno series. The free event will include a questions and a book signing. Book your place on Eventbrite.co.uk and search S.J. Parris author event. St John's Church, Broadway, Stratford, E15 1NG. 6 April, 6.30-8.30pm.

3

Heritage Talks – Come and indulge yourself in the rich local history of the area. Booking is essential. Thursday 6 April, 6.45-8pm at The Gate Library, Woodgrange Road, Forest Gate, E7.

DEMENTIA CINEMA

Aimed at dementia patients. Refreshments provided. Cost is £4 but carers go free. Advance booking required for wheelchair users. Stratford Picture House, Theatre Square, Stratford, E15. Last Monday of every month, 12.30pm.



TRY SOMETHING NEW... CROCHET COURSE

If you have ever wanted to learn how to crochet, here is your chance. Residents of all ages are welcome to attend the free event. Mondays, from 10am-12pm at Plaistow Library, North Street, E13.



Indicates free sessions

Libraries unless stated.

UNDER-FIVES

Toy Library

Introducing toddlers to borrowing toys. *Thurs, 11am-12pm, Beckton*

Storytelling

Mon, 11-11.45am, Tues, 10.30-11.30am, Beckton; Tues, 10.45-11.30am, Tues, 1.15-2.15pm, Canning Town; Tues, 10.30-11.30am; Tues, 11am-12pm, Fri, 11am-12pm, Stratford; Fri, 10.30-11.30am, Manor Park; Tues, 10.30-11.30am, The Gate; Sat, 11.30am-12.30pm, Green St; Tues, 10.30-11.15am, Thurs, 2-3pm, Plaistow; Tues, 10.30-11.15am, North Woolwich

Stay and Play


Support for parents and carers to develop their child through play. *Tues, 9.30-11.30am, Jeyes C.C.; Sat, 12-1pm, Green St; Weds, 10am-12pm, Thurs,*

9.30-11.30am, Sat, 11am-1pm, Stratford; Mon and Thurs, 1-3pm, Jack Cornwell C.C.

Jiggaree Session 
Fri, 10-11am, Jeyes C.C.

Reading Together 
Thurs, 2.30-3pm, Custom House

Bumps and Babies 
Fri, 2-4pm, The Gate


Move It To Music 
Interactive session for children, parents and carers to dance to get active with music and dance. *Mon, 1.30-2.30pm, Stratford*

Baby Massage 
Five-week course. Register at Rebecca Cheetham Children's Centre on 020 8534 3136
Weds, 1-2pm, Stratford

Storytelling Crafts 
Mon, 11-11.45am, Beckton

Sing-a-long 
Storytelling and nursery rhymes

Tues, 10.15-11.30am, Beckton


Baby Rhyme Time (Up to 12mths)  For babies and parents to enjoy songs, develop communication skills through sign. *Weds, 12.30-1.30pm, Manor Park*

Music and Movement  For children and parents or carers to get active using different types of dance and instruments. *Tues, 9.30-10.15am, Plaistow*


Sensory Storytelling
Second and fourth Fri of month, 1-2pm, Green St


Bumps and Bundles Group
Interactive session for parents and carers of babies under 18 months. *Mon 10am-12pm, Stratford*

YOUNG PEOPLE

Games Club (7-16yrs)  Sony PS3, Xbox360, Wii, board games and more. *Tues, 3.30-5.30pm, Custom House; Weds, 3.30-5pm, The Gate; Thurs, 4-6pm, Canning Town*


Young Readers Club (7-12yrs)  *Tues, 4-5.15pm, North Woolwich*

East Ham Youth Zone  Sony PS4, DJ decks and other activities. *Tues, 4.15-7.15pm, East Ham*

Froud Young Project (7-16yrs)  *Mon, 3.30-5.30pm, Jack Cornwell C.C.*


Arts and Craft Workshop (6-12yrs)  *Mon, 4-5pm, Beckton; Sat 2-3pm, Canning Town; Sat, 2.3pm, Custom House; Sat, 1-2pm, Green St; Sat, 2-3pm, North Woolwich; Tues, 3.30-5pm, Plaistow; Tues, 4-5.30pm, The Gate*

Just Dance! (up to 12yrs)
Sat, 5-6pm, Green St

East Ham IT Youth Zone  Support in using IT for homework and fun. *Mon, 4.15-6.15pm, East Ham*


Family Movie Club  *Sat, 3.30-5.30pm, Green St (up to 12yrs); Sat, 2-4pm, Plaistow; Sat, 5.30-7.30pm, East Ham;*

Thurs, 4-7pm, North Woolwich; Sat, 4-6pm, Manor Park; Tues and Sat, 4.30-6.30pm, Beckton Globe; Fri, 4-6pm, The Gate


Young People's Positive Activities (9-19yrs)  *Weds, Fri, 7-9pm, Harold Rd Centre*

Time-2-Craft (16yrs+)
Various handicrafts. *Sat, 10am-12pm, Stratford*

Children's Movie Club (5yrs+) *Thurs, 4-7pm, North Woolwich; Sat, 4-6pm, Manor Park; Tues, Sat, 4.30-6.30pm, Beckton; Fri, 4-6pm, The Gate*

Table Tennis Mondays  Meet new people and try your hand at table tennis. *Mon, 4-7.30pm (children), The Gate*

Lego Club
Create Lego models based on weekly themes. *Sat, 3-4pm, The Gate.*


Wii games and karaoke  For entire family, 3-13yrs, with parents. *Weds, 3.30-5pm (Wii games)*

Science Club *Thurs, 4-5pm, The Gate*

Gymnastics Classes
For boys and girls at Talent Central Cheer and Dance, Unit 27A, Gallions Reach Shopping Centre, E6. *Tues and Thurs, Age 3+, 9.45-10.45am, 2pm-3pm; Weds, home school, 9.45-10.45am; Fri, mothers and babies, 10-10.45am. Call 0742 815 4301 to book.*


Tae Kwando Club  Contact khanqublackbelt@yahoo.co.uk or call 07984 684 805 for more info. *Fri, 6.45-7.45pm, Green St.*

The Chill Spot (11-19yrs)  Activities include table tennis, discussions, creative workshops. *Mon, Weds, 3-6pm, Stratford.*

Drama Theatre (13+)  Free drama workshop. *Weds, 4.45-6.15pm, Plaistow*

Street Dance (13+)  *Weds, 5-6pm, Plaistow; Fri,*

5-6.30pm, Beckton

Code Club (7-11)  Scratch, Python, cartoons, websites and more. Bring your laptop if you have one. Booking required. *Sat, 10-11am for beginners or 11am-12pm for improvers, Custom House; Tues, 5-6pm, Green St*

Junior Football Sports Coaching - activeNewham (7-12yrs)  *Fri, 4-6pm, Jack Cornwell C.C.*

Performing Arts Activities
A range of dancing and singing, family arts activities. *Fri, 5-7.30pm, East Ham*

Open Mic Performance  Excitingly funny, comedy, poetry, singing and music session. *Sat, 6-7.30pm, Canning Town*

ACTIVITIES AND SUPPORT

Afternoon Tea  *Weds, 4-5.30pm, Canning Town*

Chess Club
Tues, 3.45-5.15pm, Beckton; Mon, 5.30-7.30pm, and Thurs, 5.30-7.30pm, East Ham; Thurs, 5.30-7.30pm, Stratford; Tues, 1-2pm (adults), 5.30-7.30pm (children), The Gate; Thurs, 5-6pm (beginners), Thurs, 6-7pm (improvers), Custom House; Weds, 5-6pm, (children), Weds, 6-7pm (adults), Canning Town; Weds, 5.30-7.30pm, Green St; Weds, 3.30-5pm, Plaistow

Coffee Mornings  *Tues, 11.30am-1pm, Beckton; Mon, 11am-12.30pm, North Woolwich; Thurs, 10.45am-12pm, Canning Town; Tues, 11am-12.30pm, Custom House; Fri, 11am-12pm, Green St*

Do It Online (18yrs+)  Computer classes. *Weds, 2-3.30pm, Beckton; Tues, 10am-12pm, East Ham; Weds, 2-4pm, Stratford; Tues, 2-3.30pm, North Woolwich; Thurs, 1.15-2.15pm, Custom House; Tues, Thurs, 11am-*


1pm, Green St; Weds, 10am-12pm, Plaistow

Knit & Natter (16yrs+)  *Fri, 10.45am-12pm, Canning Town; Weds, 10.30am-12pm, Beckton; Tues, 10.30am-12.30pm, Manor Park; Fri, 10am-12pm, East Ham; Weds, 10.30am-12.30pm, Green St; Fri, 10am-12pm, Plaistow*

ICT Drop-in Session
Set up a My Newham profile and create an email account. *Weds, 11-1pm, The Gate; Mon, Weds, Sat, 9.30-11am, Stratford*

Life in the UK Classes
Support for people taking the life in the UK test and B1. Call 0208 542 3904. *Tues, 10am-12pm, Beckton; Fri, 12.30-2.30pm, Green St; Weds, 10am-12pm, East Ham; Tues, 12.30-2.30pm, Stratford; Weds, 12.30-2.30pm, Plaistow*

ESOL for Beginners
For adults seeking to improve their English. *Tues, 9.30-11.30am, Weds, 9.30-11.30am, Jack Cornwell C.C.*

Citizens Advice Sessions  Sessions on money management. *1st Mon of month, 11am-1pm, Manor Park*

Basic Computer Skills  *Fri, 10.30am-12.30pm, Manor Park*

My Newham Workshop
Register with My Newham and access council services. *Tues, 6-7.30pm, Manor Park; Mon, 11.30am-12.30pm,*

English Conversation Club Practise spoken English. *Tues, 10.30-11.30am, Beckton; Mon, 6-7.30pm, Weds, 10.30-11.30am, Manor Park; Thurs, 3-4pm, Rabbits Rd Institute; Sat, 10am-12pm, Stratford; Mon, 10-11am, Jeyes C.C.; Mon, 10-11am, Plaistow; Thurs, 10.30-11.30am, Green St*

Stratford London Toastmasters Public speaking club. First and third Mon of month, 6-8pm, Stratford

Docklands Drop-In Group
Weds, 1-3pm, Beckton C.C.

Basic English for Beginners
Tues, 12.30-2.30pm, Green St.
Call 020 8542 3904 for info.

Poetry Group (16+) ★
Sat 11am-1pm, Mon,
6-7.30pm, Stratford; Weds,
6-7.30pm, East Ham; Thurs,
6-7.30pm, Green St; Tues,
2-3.30pm, Jack Cornwell C. C..
Email sonesquin@hotmail.com

International Lunch Club
£3 per meal. Mon, 12pm,
Beckton C.C

Dominoes ★
Sat, 2.30-7pm, Beckton

Conversation/debate ★
Class for ESOL Improve your
spoken English with friendly
beginners conversation and
debate club. Thurs, 6-7.30pm,
Stratford; Tues, 6-7.30pm,
Canning Town.

Memory Lane Café ★
For people with dementia and
their carers. Last Thurs of month,
1-3pm, East Ham; Third Weds
of the month, 12-3pm, Jack
Cornwell C. C.

Hatha Yoga (18yrs+) Bring ★
your own mat. £3. Fri, 10.45am-
12.15pm, Jack Cornwell C.C

Table Tennis Mondays ★
Mon, 11am-4pm, The Gate

Board Games for Adults
(18+) Carrom Board, chess
and other board games for
adults. Thurs, 5.30-7.30pm,
The Gate

Time for Technology
Fri, 2-3.30pm, The Gate

Chair Based Exercise Group
For all adults. Gentle stretches
and exercises for all abilities. With
qualified teachers. Mon, 12.30-
1.30pm, Green St.

Workplace Drop-Ins ★
Every Fri, 10.30am, Green St.
For more information email@
rehana.b@newham.gov.uk

Embroidery and Textile
Club (16+) Learn new sewing

skills or find new ways to
make things using textiles.
Thurs, 10.30am-12.30pm,
embroidery; Thurs, 6.30-
7.30pm textiles, Manor Park;
6-7.30pm, Green St.

Book Club and Creative
Writing Group (15+)
Bestselling author of The Baby
Ganesh Detective Agency
Series, Vaseem Khan, hosts
this event. Tues, 6-7.30pm,
Manor Park (until April)

Creative Writing and ★
Poetry Group (16+) Thurs,
6.30-7.30pm, Canning Town

An app a day ★
Learn how to make the
most of your devices. Thurs,
6-7.30pm, East Ham; Mon,
6-7.30pm, Canning Town;
Tues, 6-7.30pm, Manor Park;
Weds, 6-7.30pm, Stratford

Every Child a Musician
Karaoke Choir All ages.
Sat, 6-7pm, Canning Town

Drop in Embroidery ★
Class (50+) Join our friendly
embroidery group. No previous
experience necessary, materials
supplied. Mon, 11.30am-
1.30pm, East Ham

Pampering workshop for
adults Skin care, nail art or
make your own products. Mon,
6-7.30pm; Fri, 11.30am-1pm,
Manor Park; Thurs, 6-7.30pm,
Green St

Pop In Bingo (18+)
Come and join with your local
community and get ready to
shout Bingo. £1 per book. Tues,
1-2pm, North Woolwich

Board Games for Adults ★
(15+) Play and learn about
board games. Thurs, 5.30-
7.30pm, The Gate

Writers Group
Last Thursday of the month,
5.30-7.30pm, The Gate

Together We Can
Fortnightly group for adults
under 50 who've suffered a
stroke. Fri, 2-4pm, Plaistow

COMMUNITY ACTIVITIES



Mums2be Meetup ★
Information and support for
expectant parents. Third Sat of
every month, 10-11am. Email
newham@nct.org.uk

Mums, Bumps and Babies
Fri in various cafes around
Newham. Visit www.netmums.com or email jojostevie@live.com

ManorFam ★
Brings families together to
make friends. Mon, 2-3pm,
Manor Park

Singing for Health Tues, ★
2-3.30pm, Jack Cornwell C. C

BOXING AND SELF DEFENCE



Boxing (Newham College)
Mon, 5-6pm, East Ham ★
College, High St South, E6

Fight For Peace Boxing
Mon to Fri, 4-5pm 10-14yrs;
Mon to Fri, 5-9pm, 14+yrs
Woodman St, North Woolwich,
E16. Call 020 7474 0054

Boxing and Self Defence
Tues, 5-6pm (16+), 4-5pm (6-
11yrs), Jack Cornwell C.C

West Ham Boys ABC
Mon, Weds, Fri, mixed (8-16yrs),
5-6pm, Sat, boys (6-11yrs),
10-11am, girls (7-16yrs), 11am-
12pm, £2. 2 London Rd, E13.
Call 020 8472 3614

Martial Arts (7-12yrs)
£2. Tues, 6.45-7.45pm, Thurs
4.45-5.45pm, Beckton

Martial Arts
Learn new skills, self defence.
Adults, £3. Thurs, 6-7pm,
Beckton Globe; Sat, 2-4pm,
Beckton C.C.

Self Defence/Martial Arts
Learn new skills with our, fun,
mixed martial arts classes.
Open to all ages and abilities.
Fri, 6.45-7.45pm, Stratford

Bootcamp and Karate ★
Tues, 5-6pm, Bootcamp;
Thurs, 5-7pm, Karate, both

at Newham College, Stratford
Campus, Welfare Rd, Stratford

HEALTH AND FITNESS



Salsa Dancing (18yrs+) ★
Mon, 3.15-4.45pm, Beckton C.C;
Tues, 11.45am-12.45pm, Field
C.C; Sat, 6-7.30pm, Stratford;
Sat, 2.30-5pm, The Gate

Nordic Walking Weds, ★
9.15-10.30am. Meet at Field
C.C. Not suitable for wheelchairs.

Tai Chi Class ★
Fri, 10-11am, Beckton C.C.
Fri, 11am-12pm, The Gate.
Fri, 5-6pm, Beckton Globe;
Fri, 11am-12pm, Forest Gate;
Thurs, 6-7pm, East Ham

Yoga
£5. Thurs, 6.30-7.30am,
Grassroots; Free. Mon,
6-7.30pm, Beckton; £1. Weds,
6-7.30pm, East Ham; Sat,
10am-12pm, Plaistow; Mon,
Tues, 6-7.30pm, Green St;
Thurs, 6.15-7.45pm, The Gate;
Tues, 1.30-3pm, Stratford

Tone-Tastic (18+yrs) ★
Mon, 2-3pm, Weds, 9.30-
10.30am, Field C.C

Aerobics
Tues, 9.30-10.30am, Jack
Cornwell C.C £2

Walking Group ★
Meet at the library. Sat, 10am-
11am, Plaistow

Stroke Club (18+)
For men and women living with
the effects of stroke. Weds,
2-5pm, Katherine Road C.C; Fri,
1.30-3.30pm, Jack Cornwell C.C.

Relaxation & Yoga
Weds, 1.30pm-2.45pm, Well
Community Centre, Vicarage
Lane, East Ham.

Zumba classes
London Tamil Sangam Centre,
369 High St North. Thurs,
7-8pm, £5 per class. Call
07720 805505

Mixed Ability Dance Group
Learn new dance jam moves and
make new friends in our monthly

group, open to all abilities. *Weds, 5.30-7.30pm, Stratford.*

Gentle Exercise (18+) ★
Thurs, 10-11am, East Ham

Hula Hooping ★
Fun sessions. No experience needed. *Weds, 6-7pm (18+), Stratford; Tues, 5.30-6.30pm (all ages), East Ham*

Adult Drama Workshop
Mon, 6-7.30pm, East Ham

Pilates Classes (18+) ★
Mon, 10-11am, East Ham;
Mon 9.30-10.30am, Jack Cornwell C.C. *Thurs, 6-7pm, Manor Park*

Unity Zumba
Mon, 8-9pm, Lister Room, East Ham Town Hall, E6; *Tues, 8-9pm, St Mark's C.C.; Thurs, 8-9pm, St Mark's C.C. Classes £5 per session. For details go to info@ufdance.co.uk*

50+ ACTIVITIES

Bingo ★
Mon, 1-2pm, Beckton C.C.; Mon, 12-4pm, Jeyes C.C.; Thurs, 7-9pm, Jack Cornwell C.C.

ICCAN
Faith based group with cultural activities. *Fri, 12-2pm, Jeyes C.C.*

Active Centre Group
Weds, 12-4pm, Field C.C.; Mon, Weds, Fri, 1.30-4pm, Beckton C.C.

Dominoes Group ★
Fri, 5-9pm, Field C.C.; Weds, 1.30-4.30pm, Plaistow

Chair Based Yoga ★
Tues, 12.30-1.30pm, Manor Park

Forever Young ★
Enjoy community activities and make new friends. *Weds, 11am-1pm, Beckton; Weds, 10.30am-12.30pm, Field C.C.*

Happy Living Club ★
Indoor/outdoor activities. *Tues, Weds, 1.30-5.30pm, Jeyes C.C.*

Holiday Spanish Club ★
Weds, 12.30-1.30pm, Manor Park

Walking Football ★
Email: dgheerawo@westhamunited.co.uk or call 07803 201299. *Tues, 10-11am, Priory Park*

Get Active, Get Healthy, and Exercises for Fitness *Thurs, 11-12pm, Jack Cornwell C.C.* ★

Get Active, Get Healthy ★
– **Walk to the Park**
Mon, 10.30-11.30am, Manor Park

Community Food Growing Project ★
Weds, 10am-12pm, fortnightly, East Ham

Community Cooking ★
Project Six-week course. £6. *Tues, 10am-12pm and 12.30-2.30pm, East Ham*

Pilates Class ★
Tues, 9.30-10.30am, Field C.C.

Chair Based Exercise ★
For all fitness levels. *Fri, 10.30-11.30am, East Ham, Tues, 5-6pm, Stratford, Weds, 10.45-11.45am, Community Rd Centre, E15*

Fitness ★
Fitness circuit, mixed, 9.15-10am, Thurs; Fitness circuit, mixed, 10-10.45am, Thurs; Zumba, 1-2pm, Tues, ladies only; Exercise for ladies, 9.30-10.30am, Fri; Exercise for ladies, 10.30-11.30am, Fri, yoga for ladies, 1-2pm, Fri. Katherine Rd C.C.; Tues, 11am-1.30pm, Beckton C.C.

Games and Friendship Club ★
Chat and make friends over games and a cuppa. *Thurs, 11am-1pm, East Ham*

Weekly Tea Dance ★
Weds, 2.30-4pm for 10 weeks. The Hub C.C.

Pilates and Back Care Class
Mon, 10-11am, East Ham

Art Class ★
Booking essential. *Fri, 11am-1pm, The Gate*

Line Dancing *Thurs, 10.30-11.30am, Bryant St C.C.*

Carers Exercise Class
Thurs, 11am-12pm, Manor Park

Passport for Health
Weds, 10.30-11.30am, Jack Cornwell C.C.

Aqua Fit ★
Mon, 2.30-3.30pm, Atherton Leisure Centre, no booking needed.

Body Balance
Weds, 2.30-3.30pm, Atherton Leisure Centre, no booking required.

Healthy Lifestyle Ten-week programme delivered by the West Ham Foundation. *Thurs, 12-1pm, Manor Park* ★

GREEN

Green Gym *Weds, 10am-1pm, and last Sat of month, meet at Visitor Centre in East Ham Nature Reserve, Norman Rd, E6.* ★
Call 07845 973156

Green Volunteering *Tues and Thurs, 10am-2pm Silvertown Wy, E16 (opp. Hallsville Rd)*

Garden Club ★
Tues, 1-3pm, Thurs, 4-7pm, Sat, 10am-4pm, Abbey Gdns, Bakers Row, E15

Gardening Thymes ★
Gardening Club *Fri, 11am-1pm, Bowling Green, Central Park, High St South, E6*

Caravanserai Garden Volunteering *Thurs and Sat, 11am-3pm, Silvertown Wy, E16. For information call 07773 863384*

Community Gardening *Tues, 11.30am-2.30pm, St John's Green Community Garden; Tues, 11am-1.30pm, Beckton C.C.*

Greenway Orchard Volunteering Join the Green Gym and get dug in with some gardening. Greenway at the access point on Boundary Rd. *Thurs, 11am-2pm.*

Foraging Walks Planning Meetings Suitable for all age groups, under-8s must be accompanied. *Thurs, 6-8pm, North Woolwich Newham C*

Community Food Growing Project ★
Come and grow together in our new community growing space. Meet at East Ham Library. *Weds, 10am-12pm, East Ham.*

DOORSTEP CLUBS

Call 0300 124 0123. unless otherwise stated.

Athletics Club (14yrs+)
A multi-sport session focusing on athletics, football and the gym. *Tues, 6-7pm, Newham Leisure Centre, E13. Call 07718 394756*

Gym & Basketball (14yrs+)
Tues, 6-10pm, £2, Rokeby School, Barking Rd, E16

FEMALE SPORTS

Basketball Sessions ★
Tues, 4-5pm, Chobham Academy, 40 Cheering Ln, E20

Female Boxfit (14yrs+) ★
Mon, 4.15-5.15pm, Balaam Leisure Centre, E13. Call 07970 783526

Girls Group Cycling (11-15 yrs)
Tues and Thurs, 5-5.30pm, Newham Leisure Centre, E13

Modern Arnis Martial Arts (16yrs+) *Tues, 5-6pm. Call 07473 030250. Jack Cornwell C.C.*

Female Only Gym Sessions
Mon, 3-4pm, 16-25yrs. Mon and Weds, 7.30-10.30pm. Tues and Thurs, 12-1.30pm. Sun, 3-5pm, 11-15yrs, Newham Leisure Centre, E13. £4.65

Get Back into Netball
Tues, 6-7.30pm, juniors; 7.30-9pm, seniors. £5. Lister Community School, E13. Email: opanetballclub@hotmail.com

Abs Blast (11-15yrs) ★
Thurs, 5.30-6.30pm, £3.10, Newham Leisure Centre, E13

Fun Female Fitness (14yrs+)
Weds, 5-6pm, Newham College, East Ham Campus, E6 6ER. Email: sports@newham.ac.uk

Female Only Zumba

Tues, 6-7pm, Forest Gate Community School, Forest Ln, E7. Thurs, 6.30-9pm, The Well C.C, Vicarage Ln, E6. £1. Call 07741 292893; Thurs, 10.15-11.15am, Stratford, £2.50; Mon, Weds, 6.30-7.30pm, Asta Community Hub, 14A Camel Rd, E16 2DE. £2.50

Dare2Dance (12-16yrs)

Street dance, Fri, 3.30-5.30pm, Newham Leisure Centre, E13

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Ability Club (14-25yrs)

Multi sports for disabled young people. Weds, 5.30-6.30pm and Fri, 4.45-6pm, NewVic, E13

Swim for Families Dealing with Autism

Weds, 4-5pm, Balaam Leisure Centre, E13. Call 0300 124 0123

Family Swims

Sat, 4.30-5.30pm, Newham Otters Swimming Club, Newham Leisure Centre, E13. Call 0300 124 0123. Sun, 12.30-2pm, Family Swim, Balaam Leisure Centre, E13. £5. Call 0300 124 0123.

Get Fit for Free

Tues, 1.30-3.30pm and Fri, 10am-12pm. Gym for people with learning disabilities. Newham Leisure Centre, E13. To book induction call 0300 124 0123

RUNNING AND ATHLETICS

Beckton Park Run

Sat, 9am, Beckton Park South, E16. Call 07718 394756 www.parkrun.org/beckton

East End Road Runners

Tues and Thurs, 7pm. Sun, 9am. Meet on the track. Coached sessions for all abilities. Newham Leisure Centre, E13. Call 07979 261647.

Running and Athletics

The Beagles Academy

Athletics for schools, Years 2 to 7. Visit www.beaglesacademy.com for more details

SPORTS

Black Arrows Badminton Club

Adults: Fri, 7-9pm, Juniors: Sat, 10am-12pm, £3.70, East Ham LC. Adults: Weds, 7-10pm, UEL SportsDock. Call 07932 037173

Adult Tennis (16+)

Sat, 9-10am, 10-11am, 11am-12pm, Central Park (tennis courts), High St South, East Ham, E6 6ET. Sun, 9-10am, 10-11am, 11am-12pm, Stratford Park (tennis courts), West Ham Ln, Stratford, E15 4PT Contact: michelle.daniel@activenewham.org.uk 07741 293513

FOOTBALL

AIR Football (16yrs+)

Tues, 1-3pm, Fri, 10am-12pm, Memorial Park, Memorial Ave, E15. Fri, 3-5pm, Beckton Powerleague, E6. Visit www.airfootball.co.uk

Mayor's Football League

U10yrs, U12yrs, Mon, 4.30-6pm, U16yrs, U18yrs, 6-7pm Newham Leisure Centre, E13

Premier League (16yrs+)

6-a-side (4 subs) Weds, 7-10pm, Newham Leisure Centre, E13

WHU Kicks

Mon, Tues, Fri, 4-7pm, WHUCST, Beckton 3G, 60A Albatross Cl, E6. Thurs, 6.30-7.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12. Thurs, 6.30-7.30pm, Stratford Park MUGA, West Ham Ln, E15. Sat, 10.30am-12pm, Newham Leisure Centre, E13

Ascension Football

Sat, 9.15-10.45am, £3, reception to year 11. Royal Docks School, Prince Regent Lane, E16. Call 07806 584925 or 020 7511 1232

BASKETBALL

Basketball & Multi Sports

Fri, 5-6.30pm, 8-19yrs, Snowhill MUGA, Snowhill Rd, E12

Basketball Sessions

Thurs, 5.30-6.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12

NCFE Sports – Basketball

Thurs, 5-7pm, East Ham Leisure Centre. To register email: sports@newham.ac.uk or call 020 8257 4255

Senior Programme

Mon, 7.30-9.30pm, Division 2 women and division 3/4 men. Rokeby School, E16. Call 07947 401616

COMMITTEE MEETINGS

Meetings take place at Newham Town Hall, Barking Road, E6, unless otherwise stated.

Tues, 28 Mar, 10am, Licensing (2003 Act) Sub-committee

Weds, 29 Mar, 6.30pm, Investment and Accounts Committee

Mon, 3 Apr, 7pm, Local Development Cttee, Council Chamber, Old Town Hall, Stratford

Thurs, 6 Apr, 10am, Licensing (2003 Act) Sub-committee; 5pm, Cabinet; 5.05pm, Mayoral Proceedings

CONTACT THE MAYOR

Here to Help sessions

Please register 30 minutes before session starts.

Thurs, 6 Apr, 11am Stratford Old Town Hall, 29 The Broadway, Stratford, E15

Telephone surgery

Weds, 12 Apr. Please call 020 8430 2000 between 10am and 11am

CONTACT DETAILS

LIBRARIES & COMMUNITY NEIGHBOURHOODS

Beckton Globe 1 Kingsford Wy, E6
Canning Town Barking Rd, E16
Custom House Prince Regent Ln, E16
East Ham 328 Barking Rd, E6
Green Street 337-341 Green St, E13
The Gate 2-6 Woodgrange Rd, E7
Manor Park 685-691 Romford Rd, E12
North Woolwich 5 Pier Parade, E16
Plaistow North St, E13
Stratford 3 The Grove, E15
Archives and Local Studies 020 3373 6881
Community Outreach 020 337 30813
Church of God 37 Manor Park Road, E12, 020 8911 9494

LEISURE & SPORTS VENUES

Atherton Leisure Centre 189 Romford Rd, E15
Balaam Leisure Centre 14 Balaam St, E13
East Ham Leisure Centre 324 Barking Rd, E6
Newham Leisure Centre 281 Prince Regent Ln, E13
NewVic Prince Regent Ln, E13
UEL SportsDock Docklands Campus, University Wy, E16

COMMUNITY CENTRES (C.C)

Beckton Community Centre 14 Manor Wy, E6, 020 7511 1214
East Ham Market Hall Myrtle Rd, E6 1HY, 020 8471 0292
Field Community Centre 147 Station Rd, E7 020 8536 2800
Grassroots Centre Memorial Park, Memorial Ave, E15, 020 3373 0650
The Hub 123 Star Ln, E16 020 3373 0750
Jack Cornwell Community Centre Jack Cornwell St, E12 020 8553 3459
Jeyes Community Centre 1 James Cl, E13, 020 3373 2205
Katherine Rd Community Centre 254 Katherine Rd, E7, 020 8548 9825
St Mark's Community Centre 218 Tollgate Rd, E6, 020 7474 1687
Vicarage Ln Community Centre Govier Cl, E15, 020 8519 0235
Harold Rd Centre 170 Harold Road, E13 OSE, 020 8472 2805
Queens Market Green St, E13
Rabbits Rd Institute 835 Romford Rd, London E12 5JY
Royal Docks Learning Activity Centre Albert Rd, North Woolwich, E16 2JB
St John's Green Community Garden Albert Rd, North Woolwich E16 2JB
St John's Church Broadway, Stratford, E15 1NG
St Bartholomew's Church & Centre, 292b Barking Road, E6 3BA
London Road, 1 London Road, E13 OAT
The Community Resource Centre, 200 Chargeable Lane, E13 8DW 020 3373 2697
St. Paul's Church Centre, 227 Burges Rd, E6 2EU



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